

MARTIAL ARTS



To read more about our Martial Arts classes, please view our detailed descriptions on-line at www.CarlsbadConnect.org.

Karate-JKA Shotokan ♥

Adult

Introduces adult students to the physical and psychological benefits of an authentic martial-art training environment. Participants learn basic karate techniques and concepts for self defense that build strength, coordination and flexibility. Special emphasis is placed on increasing physical, mental and emotional endurance as students improve their self-discipline and confidence, along with developing strategies to reduce stress and deal with conflict.

R = Harding Community Center: Recreation Hall

A = Harding Community Center: Auditorium

Instructor: Edmond Otis

Age: 13Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33981	6:00-7:00pm	W: R	Sep 5-Oct 27	16c	\$96/\$106
	11:00am-12:15pm	Sa: A			
33982	6:00-7:00pm	W R	Nov 3-Dec 29	17c	\$96/\$106
	11:00am-12:15pm	Sa: A			

Adult Advanced

Students work towards developing their mastery of the basic techniques, while continuing to learn a more sophisticated range of techniques, forms, and principles. Our unique social skills focus includes: etiquette, social awareness, risk assessment, verbal and nonverbal communication strategies and the effective use of body language.

R = Harding Community Center: Recreation Hall

A = Harding Community Center: Auditorium

Instructor: Edmond Otis

Age: 13Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33983	4:45-5:55pm	M: A	Sep 5-Oct 29	23c	\$120/\$130
	5:30-7:00pm	W R			
	10:00am-12:15pm	Sa: A			
33984	4:45-5:55pm	M: A	Nov 3-Dec 29	24c	\$120/\$130
	5:30-7:00pm	W R			
	10:00am-12:15pm	Sa: A			

Youth Beginning

Introduces students to basic karate techniques and forms for self defense that build strength, coordination and flexibility. Special emphasis is placed on providing tools for developing self discipline and confidence, along with skills for dealing with peer pressure, conflict and bullying. Children younger than 7 may be able to register with instructor approval only.

R = Harding Community Center: Recreation Hall

A = Harding Community Center: Auditorium

Instructor: Edmond Otis

Age: 7Y - 12Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33985	4:00-4:45	M: A	Sep 8-Oct 29	15c	\$96/\$106
	8:30-9:30am	Sa: R			
33986	4:00-4:45	M: A	Nov 3-Dec 29	16c	\$96/\$106
	8:30-9:30am	Sa: R			

Youth Intermediate

Develops a mastery of the basic techniques, while introducing more advanced ideas and techniques for sparring and self defense. More intense training allows students to increase their physical, mental and emotional endurance.

R = Harding Community Center: Recreation Hall

A = Harding Community Center: Auditorium

Instructor: Edmond Otis

Age: 7Y - 12Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33987	4:00-5:30pm	W: R	Sep 5-Oct 27	16c	\$96/\$106
	10:00-11:00am	Sa: A			
33988	4:00-5:30pm	W: R	Nov 3-Dec 29	17c	\$96/\$106
	10:00-11:00am	Sa: A			

Youth Advanced

Students continue learning a more complex range of techniques and forms as they continue to master fundamental principles.

R = Harding Community Center: Recreation Hall

A = Harding Community Center: Auditorium

Instructor: Edmond Otis

Age: 7Y - 12Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33990	4:45-5:55pm	M: A	Nov 3-Dec 29	24c	\$120/\$130
	4:30-6:00pm	W: R			
	9:30-11:00am	Sa: A			
33989	4:45-5:55pm	M: A	Sep 5-Oct 29	23c	\$120/\$130
	4:30-6:00pm	W: R			
	9:30-11:00am	Sa: A			

Karate-Shotokan ♥

Adult: Beginning-Advanced

Beginning students are introduced to training in an authentic martial arts environment as they learn basic karate techniques and forms. As participants progress in skills, knowledge and conditioning, they work towards mastery of the techniques while learning more advanced forms, sparring and self-defense techniques. Students are periodically given the opportunity to demonstrate increasing proficiency in order to earn more advanced belts and ranks.

Stagecoach Community Center: Activity Room

Instructor: Sean Langlais

Age: 13Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33991	8:00-9:15pm	M/W	Sep 10-Oct 29	21c	\$69/\$79
	11:00am-12:15pm	Sa			
33992	8:00-9:15pm	M/W	Nov 3-Dec 29	24c	\$69/\$79
	11:00am-12:15pm	Sa			

Youth: Beginning-Advanced

Classes promote the development of fitness, self-confidence, self-discipline, artistic expression and respect, in a structured, disciplined, fun, challenging and mutually respectful environment. Beginning students are introduced to dojo etiquette and basic karate techniques and forms, while advanced students work towards mastery of sparring and self-defense techniques.

Stagecoach Community Center: Activity Room

Instructor: Sean Langlais

Age: 6Y - 13Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33993	6:45-8:00pm	M/W	Sep 10-Oct 29	21c	\$69/\$79
	9:45-11:00am	Sa			
33998	6:45-8:00pm	M/W	Nov 3-Dec 29	24c	\$69/\$79
	9:45-11:00am	Sa			

Kendo: Japanese Swordsmanship ♥

Beginning

Kendo is one of the oldest of all Japanese Martial Arts. In ancient times, the way of the sword was the best way to stay alive. Today, Kendo is very much alive as a way of staying in shape, both physically and mentally. Through learning the techniques of how to eliminate one's opponents in the swiftest fashion, a student learns self-confidence and discipline.

Harding Community Center: Recreation Hall

Instructor: Ted Mason

Age: 8Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
33999	3:00-4:30pm	Su	Sep 2-Oct 28	9c	\$30/\$40
34000	3:00-4:30pm	Su	Nov 4-Dec 30	9c	\$30/\$40

Advanced

Experienced students wearing armor will pair up and practice attack and defense techniques using a shinai.

Harding Community Center: Recreation Hall

Instructor: Ted Mason

Age: 8Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
34001	4:30-5:30pm	Su	Sep 2-Oct 28	9c	\$30/\$40
34002	4:30-5:30pm	Su	Nov 4-Dec 30	9c	\$30/\$40

Soo Bahk Do Karate ♥

Beginning

Soo Bahk Do is a Martial Art practiced as a form of self-defense. Through the practice of Soo Bahk Do one may achieve a high degree of mental, spiritual and physical well being. Soo Bahk Do, a systematic form of exercise which has been in existence for centuries, develops muscle conditioning, coordination, discipline, self control, confidence and self respect.

Calavera Hills Community Center: Activity Room

Instructor: Ted Mason

Age: 8Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
34003	6:30-7:30pm	Th	Sep 13-Oct 25	7c	\$30/\$40
34004	6:30-7:30pm	Th	Nov 1-Dec 27	8c	\$30/\$40

Intermediate

Students that are able to perform the basic techniques that were taught in the beginning class, are taught more advanced methods.

Calavera Hills Community Center: Activity Room

Instructor: Ted Mason

Age: 8Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
34005	7:30-8:30pm	Th	Sep 13-Oct 25	7c	\$30/\$40
34006	7:30-8:30pm	Th	Nov 1-Dec 27	8c	\$30/\$40

Activities and classes with ♥ offer a health and wellness benefit to the participant. See page 30 for more information.